



CLASS SESSION 6 | 8 WEEKS

JUL 8TH - SEP 1ST



PRICING = \$140.00 FOR 8 WEEKS

Annual registration fee **DUE** = \$25.00 per athlete / \$40.00 per family
 No more than 2 make-ups are allowed - make-up during Open Gym times within session

MONDAY:

3:30-4:30
Londonderry

4:00-5:00
Tiny Pre-Team
*\$200.00

4:30-5:30
Windham L1/2

5:00-6:00
Goffstown

5:30-6:30
Windham L3+

6:00-7:00
Salem Rams

6:30-7:30
Level 2

7:30-8:30
South Sabres

TUESDAY:

3:30-4:30
Alvirne

4:00-5:00
High School Open Gym
\$10 members
\$15 non-members
Exact cash only

4:30-5:30
PA & Bow

5:30-6:30
Windham HS

6:30-7:30
Level 3

7:30-8:30
Layouts & Fulls

WEDNESDAY:

3:30-4:30
Level 2/3

4:00-5:00
Tiny Tumbling

4:30-5:30
HL Bears

5:30-6:30
Level 2

6:00-7:00
Level 1

6:30-7:30
Nashua & Souhegan

7:30-8:30
Open Gym
\$10 members
\$15 non-members
Exact cash only

THURSDAY:

3:30-4:30
Bedford HS
*no class 8/22

4:00-5:00
Tiny Tumbling

4:30-5:30
Open Gym
\$10 members
\$15 non-members
Exact cash only

5:00-6:00
Wildcats

5:30-6:30
Level 1

6:30-7:30
Level 2

7:30-8:30
Level 3

FRIDAY:

3:30-4:30
Blue Lions L1/2

4:00-5:00
M. Hawks L1/2

4:30-5:30
Bedford D12/14

5:00-6:00
M. Hawks L3+
*bhs required

5:30-6:30
Derry Demons

6:00-7:00
Milford Jr. Spartans

6:30-7:30
Blue Lions L3+

7:00-8:00
Open Gym
\$10 members
\$15 non-members
Exact cash only

SUNDAY:

5:00-6:30
Coach Craig's Open Gym
\$20 per person
Exact cash only

CLASS DESCRIPTIONS

TINY / BEGINNER TUMBLING (AGES 4-6)

(Skill requirement: no skill required)

- This class will focus on building strong fundamental skills important to the progress of level 1 tumbling. Students will work on skills including forward / backward roll, cartwheel, round-off, front / back walkover.

LEVEL 1 TUMBLING (AGES 7+)

(Skill requirement: cartwheel and round-off)

- This class will focus on adding to the fundamental skills from beginner tumbling. Students will perfect back / front walkover technique and execution, as well as power hurdle round-off, back / front walkover series, and advanced level 1 combinations. Students will be working standing and round-off back handspring drills and techniques.

LEVEL 2 TUMBLING (AGES 7+)

(Skill requirement: front and back walkover, round-off)

- This class will focus heavily on standing and round-off back handspring. Students will perfect back handspring technique and execution. This class will include training in multiple back handspring combinations as well as advanced level 2 tumbling combinations.

LEVEL 3 TUMBLING (AGES 7+)

(Skill requirement: perfected standing and round-off backhand spring ALONE)

- This class will focus on transitioning into multiple back handspring back tuck combinations. Students will work on drills, techniques, and approaches for standing tumbling sequences as well as appropriate advanced level 3 tumbling combinations.

LEVEL 4 TUMBLING (AGES 7+)

(Skill requirement: perfected round-off back handspring tuck ALONE)

- This class will focus on standing tucks, whips, and round-off back handspring layouts. Students will work on drills, techniques, and approaches for standing tumbling sequences as well as appropriate advanced level 4 tumbling combinations.

LAYOUTS & FULLS (AGES 7+)

(Skill requirement: perfected round-off back handspring tuck ALONE)

- This class will focus on strengthening advanced standing and running tumbling, including standing tuck and jump to tuck combinations. Students will work on skills including layout, layout full, and standing tumbling combinations to layout and layout full.